**Guía de Actividades Saludables**

**Pittsburg, Antioch, Bay Point, Concord**

[](http://openclipart.org/people/rduris/soccerfly.svg) **Fútbol**

**Delta Youth Soccer League** (925) 439-4396, [www.deltasoccer.org](http://www.deltasoccer.org)

**San Pedro Martir Youth Soccer League** (925) 432-4771, [cardona@spmysl.org](mailto:cardona@spmysl.org)

**STS Academy Tiny Tots Sports Program** – de 3-6 años de edad (925) 252-9199 [www.stsacademy.org](http://www.stsacademy.org)

**Béisbol** [](http://openclipart.org/detail/75997/baseball-player-silhouette-by-laobc)

**Pittsburg Little League** (925) 291-0107, [www.pllca4.org](http://www.pllca4.org)

**Pony Baseball League**  [www.pittsburgbaseball.com](http://www.pittsburgbaseball.com)

[](http://openclipart.org/detail/171035/winged-foot-by-spacefem-171035) **Atletismo**

**Girls on the Run** – niñas - Marina Vista Elementary School, Foothill Elementary School Pittsburg (415) 863-8942, [www.gotrbayarea.org](http://www.gotrbayarea.org)

**Natación** [](http://openclipart.org/detail/2707/happy-fish-by-machovka)

**Prewett Water Park** – Antioch, (925) 775-3070

**Contra Loma Regional Swim Park and** **Lagoon** – Antioch, (888) 327-2757 #3, X4518

**Sullenberger Swim Center** – Pittsburg, (925) 439-4841

[#](http://openclipart.org/detail/163069/athlete-stretching-by-fabuio)[](http://openclipart.org/detail/72433/muaythai005-by-aungkarns)[](http://openclipart.org/detail/171575/burning-boxing-gloves-by-ksrujana96-171575)[#](http://openclipart.org/detail/60649/ballet-dancer-by-laobc)

**Boxing, Cheerleading, Gymnastics, Dance, Taekwondo, Wrestling**

**CYC – Community Youth Center** – Concord, (925) 671-7070

[](http://openclipart.org/detail/19002/monarch-butterfly-by-jimmiet-19002) **Actividades para Disfrutar la Naturaleza**

**Parques** - **East Bay Parks District** [www.ebparks.org](http://www.ebparks.org)

**Programas de Tutoría de Apoyo** [](http://openclipart.org/detail/172179/school-days-by-sammo241-172179)

**STS Academy** – transportación gratis para TODAS las escuelas de Pittsburg, (925) 252-9199,

[www.stsacademy.org](http://www.stsacademy.org)

**East County Boys and Girls Club** - Stoneman Elementary School, Rancho Medanos Junior High School, Hillview Junior High School

(925) 439-5933, [www.ecbgcpittsburg.com](http://www.ecbgcpittsburg.com)